



Edenfield C of E Primary School		
PE	Year: 5 & 6	Athletics

What should I already know?
• Our school games values and how to demonstrate them • How to develop good running, jumping and throwing techniques • How to achieve challenges for distance and time that involve using different styles and combinations of running, jumping and throwing • How to take more responsibility for designing, organising and judging athletic events • How perform athletic specific skills with consistency and accuracy

What will I know by the end of the unit?
• How to develop your technical understanding of athletic activity • How to set targets and improve their performance in a range of running, jumping and throwing activities • How to run further in both sprint and distance runs • How to throw heavier, larger implements • How to use your run-up to help jump for height and length • How to perform different throwing techniques e.g. push, pull, sling and heave • How to jump and land in different ways • How to run for short and long distances • How to pass a baton in a relay

Vocabulary		
Warm up	Safely	Cool down
Change pace	Different tempos	Different races
Running	Control	Middle distance
Sustain pace	Longer distances	Running a bend/straight
Hurdle efficiency	Take-off foot	Lead leg
Improve	Correct techniques	Combine sprinting
Triple jump	High/vertical jump	Approach
Personal best	Measure	Accurately
Performance	Greater	Distance
Force	Control	Accuracy
Efficiency	Pull technique	Run-up
Put' a shot	Generate power	Thighs
Cooperate	Compete	Challenge

